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Lifetime medical care top issue for Air Force surgeon general

Airman 1st Class Russell Crowe 325th Fighter Wing public affairs

The Air Force's top doctor visited Tyndall March 6. Lt. Gen. Paul Carlton Jr., the Air Force surgeon general, visited Tyndall briefly to review and observe medical operations for active-duty airmen, dependents and retirees.

"I'm here for a pretty specific reason – to look and see that we're all doing what we're supposed to do and to share the vision; what's the vision, what are we doing, what's the big picture and to share that big picture view with everyone," General Carlton said.

According to the general, there are several large medical care projects currently ongoing in the Air Force. At the top of the list is 'TRICARE for Life,' an Air Force initiative to make sure all military retirees' medical needs are taken

"TRICARE for life is probably the biggest issue that we're working right now," the general said. "TRICARE for life, as you know, by the National Defense Authorization of last year, establishes bringing our retirees back into our family. We're delighted with that – that's the good news. The bad news is that we have to figure out how to do

it. So, it's a huge challenge for us. It's an entitlement, not a benefit, so it will have to be funded. Our part of it is how do we do it smartly? How do we meet the needs? How do we look inside ourselves and have better business practices so that we can welcome these great American patriots back?"

With the arrival of TRICARE for life, many retirees have questions regarding the access they will have into the military treatment facilities and whether or not the program changes will provide better access or simply complicate

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2nd Lt. Jon Cartwright

Staff Sgt. Lawrence R. Aragon, 325th Aeromedical Dental Squadron Aerospace Physiology maintenance element, and Tech. Sgt. Tommy Schmidt, logistics element, perform a daily inspection of the regulator at the altitude chamber.

Tyndall teams with national program to host bone marrow drive

2nd Lt. James Danik 325th Fighter Wing public affairs

Tyndall Air Force Base teams with the C.W. Bill Young/Department of Defense Marrow Program to sponsor a bone marrow drive 9 a.m. - 3 p.m. April 20 at the community activities center. The primary purpose of the National Marrow Donor Registry is to provide, on a volunteer basis, unrelated donors for patients needing bone marrow transplants.

Any given day, 3,000 very sick children, youth and adults from around the world, all victims of blood diseases, cancer and other life-threatening illnesses, turn to the National Marrow Donor



Program's over 4-million registered volunteer donors in search of a life-saving marrow match. Sadly, some will never find that miracle match.

Bone marrow donations are needed for the life-saving treatment for over 60 fatal blood-related diseases such as leukemia, aplastic anemia and Hodgkin's lymphoma. It's estimated approximately 25,000 Americans need a transplant each year. The registry offers the possibility of genetically matching bone marrow to someone in need of a transplant. In fact, 70 percent of the most closely matched donations come from volunteer donors outside the patient's immediate family. Fatal blood diseases afflict people of all ethnic backgrounds, and people of the same or similar ethnic background are the most likely match.

It only takes a few minutes to join the marrow registry. DOD spokesperson, Steve Barboursays, "volunteers fill out a consent form and donate a small test tube of blood that is sent to the DOD testing laboratory in Kensington, Maryland, for Human Leukocyte Antigen or HLA typing. We do not take bone marrow at the drive, a common misconception. The drive is open to those between ages 18 and 60, in good health, activeduty personnel, their immediate family members, DOD civilian employees, retirees, drilling guard and reservists."

If a potential donor is matched, more blood tests are required to ensure compatibility. The volunteer is flown to Washington, D.C. for a physical examination at no cost. The next day or so, the donor returns home and awaits a medical review by the transplant center's doctors and the physicians of the DOD Marrow Program. If everything matches up, the donor is again flown to Washington and admitted to Georgetown University Hospital for the surgical procedure. Under general anesthesia also known as an epidural, the marrow is drawn from the back of the hip, along the top of the pelvic bone with a needle and syringe. There may be some soreness in the lower back for a few days. After a couple of days, you will be feeling better than normal. The discomfort from donating will have passed and you will know that you just saved someone's life.

Over the next few months, federal law prohibits contact between the donor and the recipient. However, the donor will receive periodic updates on the condition of the recipient and if both parties agree, after one year, you can have direct contact with the recipient whose life you just saved.

The military is the nation's largest source of whole-blood donations. Since the program began in 1986, more than 180,000 DOD volunteers have been registered in the marrow donor

program. More than 700 military volunteers provided marrow to a stranger to help save a life and more than 100 DOD beneficiaries received marrow transplants from National Marrow Program volunteers

gram volunteers To date, Tyndall has held two drives, one in 1997 in which 232 volunteers joined the registry and the other was held in 1998 where 174 volunteers joined. Records indicate four of the 406 volunteers were matched to be donors. Everyone's support is needed. Don't you want your name to be included with over 200,000 other registered volunteers? Maj. John Hickman, 325th Medical Group Diagnostic and Therapeutics, flight commander said, "Bone marrow donations are truly the 'living gift of life.' Bone marrow transplants are usually the patient's last chance for survival from a life-threatening bone marrow disease." This is truly one of the easiest ways to save a life. If you meet the requirements listed above, come out register and donate. For more information on the Tyndall donor registra $tion\,drive, or\,to\,volunteer\,to\,help, please\,contact$ Major John Hickman, 283-7553. For additional information on the C.W. Bill Young / DOD Marrow Donor Program, you may check their web site, www.dodmarrow.org, or call (800) 627-7093.

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the medical care process.

"Our goal is taking care of people and that's what we're going to do – we spend a lot of time trying to streamline that process and make sure everyone gets the treatment they need and deserve," he said. "What we want to do with our over-65 population, is to look internally and say, 'OK, we can enroll 1,500 patients per provider, we know we have room to enroll more.'

We also know that many of our retirees already have primary care providers they don't wish to change. So we're making slots available for people 65 and older beginning Oct. 1, expecting that we'll be allowed to do what we can do well – which is primary care. And do it in a model like we demonstrated at MacDill Air Force Base – the last several years we've had a MacDill model where we did great primary care for our over-65 patients. And if they needed inpatient care or something more complex than the outpatient environment that we provide, then they went downtown. So, a MacDill-like 65 model is what we're looking for, what we think makes good sense

and what our leadership on the political side thinks makes good sense. Right now it happens to not be within the law, so we'll have to have a few law changes made to have that work."

In addition to TRICARE for life, there are more things happening in the medical arena than *Carter's* has pills.

"We have our hands in a lot of different projects. There's just a raft of things going on," General Carlton added. "As you look at National Defense Authorization, we've eliminated co-pays for an awful lot of things for active-duty family members; we've eliminated co-pays for active-duty prime; we're paying for school physicals; we're paying TDY costs for people who have to travel for more than 100 miles for medical care: we've lowered the catastrophic cap from \$7,500 to \$3,000. TRICARE is a program in process - it's just like being a surgeon, you are never a completed surgeon. You always constantly improve. TRICARE must constantly improve and that's what we want. We want an unrelenting focus on the customer, recognizing whatever our limitations are. Then we must

work with our TRICARE partners or civilian contractors or our civilian partners downtown to make sure folks are taken care of."

The general also commented on the work being done by Tyndall troops to make sure local airmen and retirees are receiving, hands down, the best care available.

"I'm impressed with what I've seen here at Tyndall," he said. "You guys are in the process of changing from an inpatient to an out-patient facility. You've rightsized from 450 to 280 and done everything that we have asked in terms of primary care optimization. So Tyndall is doing what we've asked and they're doing a good job. I'm delighted. All of your metrics are up and you are part of the Air Force's effort – we've signed up 230,000 more people into our TRICARE Prime in the last year alone we've gone from .97 to 1.2 million enrollees in TRICARE Prime in the direct care system. I just have to say that I've had a great visit. The hospital here is doing a great job. Colonel (Michael) Murphy has a very excited team that are delighted to serve this population, so I was very encouraged by what I saw."

Personnel data system to be down for 10 days

As the personnel community transitions to its new MILMOD, a real-time personnel data system, the Air Force personnel center will be experiencing "construction delays."

As such, PC-III will be down April 20-30 so the systems personnel at the AFPC can accomplish the personnel systems transitions.

Your commander support

staffs, as well as the military personnel flight, will not be able to do personnel updates.

This shutdown will not affect Dependent Eligibility Enrollment System or the issuing of identification cards.

If emergency situations arise, call the appropriate section of the Military Personnel Flight Office at 283-2488 or 283-2807.

Need some money-saving tips?

The family support center has just what you're looking for. A self-paced, interactive personal finance program on compact disc is available at the FSC computer resource center. Topics on the disc include budgeting, credit management, insurance, savings, investing,

relocation and more! For more information, call the family support center, 283-4204.

Be wise; use proper money management.

RED HORSE sends three to compete at major command level for 12 Outstanding Airmen of the Year

Lt. Col. Nathan Macias 823rd RED HORSE Squadron commander

A tenant unit at Tyndall Air Force Base, Detachment 1, 823rd RED HORSE Squadron has three members competing at two different major command level for the opportunity to go to Washington, D.C. to compete for one of the Air Force's 12 Outstanding Airmen of the Year.

This small associate unit consists of 68 assigned military members, 53 Air Combat Command positions and 15 Air Force Reserve Command positions.

Staff Sgt. James Delo will compete at Air Combat Command as the 9th Air Force Airman of the Year. He is a structural contingency instructor at the Silver Flag exercise site that the squadron operates. Sergeant Delo is very active in the Tyndall Chapel, excelled as a judge during Readiness Challenge VII and recently captured the John L. Levitow award at Tyndall's Airman Leadership School. Sergeant Delo hails from Pittsburgh, Penn., is married and has five and a half years in the Air Force.

Two other members will compete for the NCO and Airman of the Year

at the Air Force Reserve Command as the Headquarters AFRC Noncommissioned Officer and Airman of the Year.

Staff Sgt. Robert Genova, a readiness contingency instructor, will compete in the NCO category. Sergeant Genova is an active-duty member assigned to an AFRC position. He is a technology expert who anchored scoring central at Readiness Challenge VII and won the AFRC Military Technician of the Year award. Sergeant Genova hails from Fayetteville, N.C., and is mar-

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Staff Sgt. James Delo



Staff Sgt. Robert Genova



Staff Sgt. Paul Markwalter

325th Fighter Wing TOPS in safety

Tyndall's 325th Fighter Wing brought home Air Education and Training Command's most prestigious award by winning the To Promote Safety Trophy for 2000. In addition, Master Sgt. Collin Roller, 325th Fighter Wing Flight Safety NCO, was selected as AETC Flight Maintenance Technician of the Year.

"Every member of the 325th Fighter Wing should be proud." said Maj. Warren Benjamin, Chief of Wing Safety, "This award just proves what we already know...we are the best at whatever we do!"

The TOPS trophy is presented annually to the AETC wing that does the best job promoting safety over the entire spectrum of weapons, flight and ground safety. "Our commanders set the tone for a safe environment here at Tyndall," said Mr. Ken Jolley, 325th FW Ground Safety chief.

AETC Flight Maintenance Technician of the Year award is given to the Flight safety NCO who runs the best program in the command. "Sergeant Roller was personally responsible for keeping our pilots safe and preparing our wing for the arrival of the F-22," Major Benjamin commented. "His hard work and dedication made the recent ORI a huge success for flight safety."

Col. Mick Erdle, AETC Chief of Safety, presented the TOPS trophy to Col. William Bledsoe, 325th Fighter Wing Vice Commander, during a ceremony on Tuesday.



Master Sgt. Collin Roller, 325th Fighter Wing Safety Office, receives his Air Education and Training Command Flight Safety Technician of the Year plaque from Col. Michael Erdle, AETC director of safety.



From left to right: Staff Sgt. John Garner, Staff Sgt. David Scott, Rockford Johnson, Lt. Col. Craig Windorf, Master Sgt. Collin Roller, Master Sgt. Mike Simons, Maj. Warren Benjamin, Ken Jolley, Master Sgt. Vince Dotson, Capt. Curtis McLain and Master Sgt. Paul Hruza accept their plaque for winning the 2000 TOPS award.

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ried with one daughter. He has been in the Air Force for 12 years. Staff Sgt. Paul Markwalter, a power production contingency instructor, will compete for the

AFRC Airman of the Year. Ser-

geant Markwalter is active duty

assigned to an AFRC position. Sergeant Markwalter is known as a volunteer among volunteers, was a key judge supporting the Fog of War event for Readiness Challenge VII, and also won the John L. Levitow award at Tyndall's ALS. Markwalter hails from Miami, Fla.,

is married with one son and has five years in the Air Force.
The men and women of the squadron and all Team Tyndall wish each of these fine individuals all the best as they compete at their respective MAJCOMs.

Chief stresses leadership is key to dealing with financial hardships

Chief Master Sgt. William Milligan Air Education and Training Command command chief master sergeant

RANDOLPH AIR FORCE BASE, Texas (AETCNS)-Results of a recent Air Force web-based survey indicated 67 percent of junior enlisted airmen in grades E-3 through E-5 had trouble paying their bills during the past year, prompting us as leaders and supervisors to renew our efforts to educate and train our people to be financially responsible.

The survey, conducted from Dec. 20 to Jan. 9, also showed that 38 percent of junior enlisted airmen carry more than \$10,000 of unsecured debt, and 24 percent of them bear a debt to income ratio greater than 25 percent.

Are the numbers a reflection of inadequate pay? I don't think so because pay increases will likely provide only more expendable income; they are no substitute for financial education, counseling and planning.

Regardless of the level of pay, financial problems for many of our people will worsen unless commanders, first sergeants and other supervisors step in and provide guidance and advice.

Financial problems have a big impact on the ability of Air Force members to accomplish their important part of

the mission. Supervisors who are in daily contact with these airmen, who have opportunities to influence them on a regular basis, must become more aware and involved in their personal situations and potential problem areas. It is an inherent responsibility of commanders and NCOs to address issues that may affect mission accomplishment.

Therefore, intervention is not restricted to only those situations occurring in the duty section. Leadership is more than supervising performance; successful leaders deal with all issues affecting subordinates - yes, including personal issues like financial hardship and responsibility.

Leadership involvement does not take personal responsibility away from individuals, but it does provide a necessary support structure for guidance and education.

As leaders we have to take a genuine interest not only in our people's training and job performance, but we must also pay just as much attention to their care.

Through daily contact, leadership can almost always detect when something is bothering an airman. To fulfill this obligation, we must be involved with every aspect

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Viewpoint

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purchaser, user or patron.

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend	
On duty	1	0	-1	
Off duty	10	4	-6	
Traffic	5	2	-3	
Sports	4	1	-3	
Fatalities	1	0	-1	
DUIs	14	9	-5	

Commander's Corner



Brig. Gen. William F. Hodgkins 325th Fighter Wing commander

I would like to commend the five people, including 325th Fighter Wing Command Chief Master Sergeant Karl W. Meyers, who reenlisted in the Air Force last Friday at the NCO Induction Ceremony. The service you provide the Air Force and Team Tyndall is a gift that keeps our nation strong. Recruiting is important, but retaining our experienced people is so very valuable to us because of their experience, knowledge and leadership abilities. They are a great influence to the newer members of Team Tyndall and I hope more people will follow their footsteps.

Lt. Gen. Paul Carlton Jr., the Surgeon General of the Air Force, came to visit Tyndall Friday to see what Tyndall's Medical Group is doing and to share his vision of the big picture of medical care in the Air Force. He was impressed with what he saw at Tyndall. General Carlton knows Team Tyndall is in the process of changing from an inpatient to an outpatient facility, that we've right-sized from 450 to 280 and that we've done everything that the Air Force has asked us to do in terms of primary care optimization. Our medical folks are doing a great job, and I'm very proud of them. We are part of a



much larger Air Force effort that has signed up 230,000 more people into our TRICARE Prime in the last year. Keep up the good job Team Tyndall!

I want to congratulate everybody in the 325th Fighter Wing for bringing home one of Air Education and Training Command's most prestigious awards by winning the To Promote Safety (TOPS) Trophy for 2000. In addition, Master Sgt. Collin Roller, 325th FW's Flight Safety NCO, was selected as AETC Flight Maintenance Technician of the Year. Good job everyone!

Easter is just around the corner. This is a good time for families to spend some quality time with each other. The Big Bunny Easter egg hunt for the children is Saturday starting at 11 a.m. at the youth center. Come and bring your children. Again, this is the month of the military child so parents, concentrate on your relationship with your children and see what a difference it can make. Have a great Air Force week!

Tyndall's Easter schedule

Catholic Masses

Catholic Mass	<u>505</u>		
Friday	Good Friday Service	5:30 p.m.	. Chapel 2
Saturday	Holy Saturday Mass	7 p.m.	Chapel 2
Sunday	Easter Sunday Mass	9:30 a.m.	Chapel 2
Protestant Ser	<u>rvices</u>		
Friday	Good Friday Service	7 p.m.	Chapel 1
Sunday	Easter Sunrise Service	6a.m.	Bonita Bay
	(Breakfa		ast to Follow)
	Liturgical Service	9:30 a.m.	Chapel 1
	General Service	11 a.m.	Chapel 2

Action Line



Steve Wallace

Retiree Volunteer of the Year

Col. William Bledsoe, 325th Fighter Wing vice commander presents a certificate for the Retiree Volunteer of the Year to retired Maj. Paul R. Lippincott. Major Lippincott has worked in the retiree activities office for the past four years.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

William J. Hoolghams

Brig. Gen. William F. Hodgkins

325th Fighter Wing

What the boss really meant to say...

commander

Col. James Moschgat 12th Operations Group

commander

RANDOLPHAIR FORCE BASE,

Texas (AETCNS) - At the height of the Vietnam War, three bored, battlehardened Air Force captains, all fighter pilots, got together and produced a skit lampooning flawed communication.

One played the part of a news reporter, the second acted as himself, while the third pretended to be an Air Force public affairs officer.

The reporter, hoping to get the fighter pilot's view of the war, asked a number of pointed questions about aerial combat. To each, the pilot responded callously with speech liberally laced with four-letter expletives.

After every reply, the nervous public affairs officer would quickly interject, "What the fighter pilot really meant to say ..." followed by

his politically correct rendition of the answer, all cloaked in glittery prose.

On it went, question, tawdry answer and the PA officer's attempt to modify the captain's message, always prefaced with the words, "What the fighter pilot really meant to say ..."

Certainly today's Air Force professionals, especially our leaders and supervisors, are much better communicators than the people in the skit.

We are now better educated, trained and more sensitive to the impact words have on those around us. Also, communication tools abound at our fingertips. Computers have improved the quality of our written communication and electronic mail guarantees lightning-quick contact with everyone near and far.

Detailed policy letters exist in every

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Tyndall re-enlistments for March

Adamski, Janis M.	E-4	Lane, Richard E.	E-7
Bain, Che L.	E-4	Lantz, Steven S.	E-6
Brock, Robert C.	E-5	Larson, Thomas E.	E-5
Brown, Anthony E.	E-5	Lawson, Shawn A.	E-4
Chavez, Daniel	E-4	Lopez, Alferdo III.	E-7
Ford, Dwayne L.	E-5	May, William L.	E-5
Garduno, Cruz A.	E-4	Melvin, Billy R.	E-9
Grant, Rahsaan I.	E-4	Otterbeck, Donald B.	E-9
Harris, Gregory J.	E-6	Ranson, Lacey M.	E-4
Hagy, Jason L.	E-4	Rountree, Mark A.	E-5
Hall, John K.	E-7	Ryan, Jennifer L.	E-4
Hampton, Carlos S.	E-4	Scobey, Micheal J.	E-7
Heckerson, Jeffrey L.	E-7	Shields, John C.	E-7
Herr, Bob A.	E-7	Simler, Anthony J. J.	E-7
Holder, Thomas R.	E-7	Stelly, Jeroy J. Jr.	E-7
Johnson, Chamaco D.	E-4	Stumpf, Ryan J.	E-5
Jones, Dorian A.	E-4	Taylor, Harry L. Jr.	E-7
Judge, Jeffrey R.	E-5	Thorpe, Scot M.	E-5
Justice, Jason J.	E-5	Wallace, Edwin B.	E-6
Kort, Erik W.	E-4	Walters, Terry L.	E-7
Lancaster, Earl S.	E-5	Warren, Kevin R.	E-6

Remember, start to finish Everyone is important!



Thinking about getting out?

Think again!

Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Advice Anytime).

Developing Aerospace Leaders launches web site

Maj. Kathleen Cook

Developing Aerospace Leaders program office

WASHINGTON (AFPN) — The Air Force's Developing Aerospace Leaders program office has launched a web site as part of its ongoing effort to inform and engage airmen in discussion about leadership development.

The DAL program was created to examine and recommend actions necessary to prepare the Air Force's total force for leadership into the 21st century. A chief of staff initiative, the program focuses on understanding the leadership needs of the transforming aerospace force and designing a development process that makes sure airmen are prepared to serve in the complex future battlespace.

The DAL web site, www.dal.af.mil, available to those accessing the site from a military (dot mil) domain, provides an overview of DAL's mission and includes points of contact available

to discuss the effort. As DAL work continues to progress, more information will be added to the site

"First and foremost, we must understand what our institution requires to continue to discharge its responsibilities in the defense of our nation," said retired Maj. Gen. Chuck Link, DAL program office director. "Aerospace capabilities are increasingly central to the success of our nation's military operations and as such, the Air Force owes the American people excellence in the development and employment of their aerospace forces.

"Over the last year or so, I've had the opportunity to talk with more than 3,500 Air Force members, enlisted, officer and civilian, about the DAL initiative," General Link said. "This type of open dialogue provides valuable feedback as we move our effort forward.

"Establishing a web presence will help us engage a much larger number of airmen in thoughtful discussion about developing aerospace leaders," General Link said. "While much of our work today is in the discovery and early development stage, tomorrow it will serve as guiding principles for our total-force human resource development. Gaining insight and recommendations from the people we are developing is important."

General Link encourages people to visit the web site to learn more about where the Air Force is headed and to talk to their representatives if they have ideas to share.

"It is my hope the DAL effort will stimulate thoughtful conversation throughout the force about development and leadership issues to include the desired competencies and character of our transformational leaders," General Link said. "By doing so, we can develop a deeper appreciation in all airmen of the value of each other's contributions in the development, support, employment and sustainment of our aerospace capabilities."



Team Tyndall Pride



Take pride in Team
Tyndall and its beauty.
Pick up trash if you see
it or do a self-help
project — we all reap
the benefits of a clean
environment.

Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.



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of our people's lives.

When airmen realize that leadership is there to assist and help them, not to punish and harm, they will feel comfortable bringing such problems to leadership's attention.

Simply exercising the inherent responsibility of caring is not enough, however. There are many avenues available to ensure airmen receive appropriate assistance, education and training.

Family support centers at each of our bases provide professional financial counseling. Also, the Community Action Information Board, public affairs, chaplains and family advocacy are able to support those in need of assistance.

The bottom line is no amount of pay will eradicate such a problem as financial irresponsibility without proper guidance, education and counseling.

We have programs and activities in place to assist people; however, none of these programs will be effective unless leadership, at every level, does its part. We can't guarantee success, but we can make sure our airmen receive the proper guidance and counseling to be successful in America's Air Force.

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unit, web sites bring us the latest Air Force news, and regulations on disk are just a keystroke away.

Why then, despite almost daily ventures into cyberspace, monthly commander's calls, endless policy briefings and a waterfall of other communications methods, do many airmen still find themselves guessing, "I wonder what the boss really meant to say?"

Quite simply, it's because leaders and supervisors often tend to overlook or downplay a vital communications signal - their own actions

Experts agree nearly 60 percent of all interpersonal communication is nonverbal gestures, posture or, most importantly, actions. Call it what you will, leadership by example or "leading by deed," but when a leader's actions contradict his or her words, confusion results.

Take the following fictional, but all-too-true, example.

Senior Master Sgt. Fred Smith is a fast-burner who runs a tight, professional shop. He promotes balance as a tenet of his success and openly encourages a "work hard, play hard" ethic. Sergeant Smith insists his people use their annual leave and has even counseled a few holdouts that never seem willing to take time off.

However, Sergeant Smith himself is in the office from dawn to dusk, rarely taking even a short lunch break. He works most weekends, and his folks know he has lost leave for the last three years.

Everyone knows Sergeant Smith's official leave policy, but what message does he convey through nonverbal actions?

Surely, those in his charge are wondering the same thing. Is leave really that important? If I want to be a fast-burner like my boss, can I afford to take time off?

Perhaps leave is only for the "unimportant" people in the organization. Maybe leave is for those not tough enough to handle the rigors of an Air Force career; you know, the ones who can't cut the mustard. Worse still, perhaps Sergeant Smith is insincerely spouting the words his

commander passed to him but not following his own commander's directives.

No matter what, the signals Sergeant Smith sent are definitely muddled and could likely have a negative impact on his team.

What did the boss really mean to say? His divergent messages - the difference between words and actions - make it difficult to discern the truth. You make the call.

Sergeant Smith's example clearly illustrates how easily a leader's actions can subvert words or policies and confuse subordinates. Some say this microscopic scrutiny of a leader's every move is unfair and unhealthy, a condition known as "living in a fishbowl." After all, many argue, leaders and supervisors are people too.

Realistically, scrutiny comes with the job; to deny it is illusionary. Unfortunately, some supervisors attempt to avoid their subordinates' critical regard by not acting at all, but to no avail.

Their failure to act when action is called for sends a thundering message all its own. Take, for example, the supervisor who turns a blind eye to sexual harassment in the workplace.

What did that boss really mean to say on that topic?

Successful leaders deal with life in the fishbowl and effectively communicate by seeking consistency between their "talk" and "walk." No matter how you slice it, a leader is always communicating - there's always a message being sent.

Some try to show consistency by putting up a good front and spouting the party line. Generally, that tactic doesn't work for long. Most subordinates will spot inconsistencies in a heartbeat, and they'll be left pondering which message is correct, if any at all.

A true leader's words and actions harmoniously blend purpose, integrity, honor, faith and honesty.

In short, a leader's words and deeds must coincide - the walk has to match the talk. If not, there's surely a group of subordinates somewhere guessing, "I wonder what the boss really meant to say?"

Could those confused subordinates be yours?

Features

WWII remembered: Checkertail Clan

Catherine Layton 325th Fighter Wing public affairs

In the late spring of 1944, all of the major powers in the world were involved in a crushing war. Germany had a stronghold in Europe that was soon to be broken.

Capt. D. J. MacDonald was a young American fighter pilot fresh from flying more than 500 hours in a P-39 aircraft in Africa. He was assigned to the 325th Checkertail Clan, 318th squadron in Beery, Italy. He was pleased with the Checkertail Clan, mainly because they had the best record in Europe with a ratio of nine victories to one loss.

Soon after arriving at his new duty station, bombing of the Abbey of Monte Cassino, a Catholic monastery north of Rome, had begun. Captain MacDonald flew fighter patrol over all the German airfields and when a Luftwaffe (German Air Force) aircraft tried to take off, the commander would send somebody to shoot them down.

Courtesy photos

Retired Captain D. J. MacDonald during a recent visit to Tyndall Air Force Base.

The bombers had complete control on the bomb run over Monte Cassino.

Captain MacDonald was at about 18,000 feet and took a burst of flak to his left wing, which blew a hole about a foot in diameter in the left side of the cockpit. The blast blew his hand across his chest and a piece hit him. He thought, "they got me." When he looked, except for his hand, which was badly cut, he was OK.

Captain MacDonald was going to change the throttle on the airplane, but the whole throttle card was blown off and lying on the floor of the cockpit. Whatever power setting he had was all that he had. He called in and informed the commanding officer of the damage to his plane. He was instructed to get back to the base. Captain MacDonald had to fly back over the Mediterranean Ocean to get south of the bomb line, then flew all the way across Italy to get back to the base. He radioed the base and identified himself, and they gave him two choices-either roll over and get out, which meant he had to parachute

and ditch the plane, or deadstick it in, meaning turn off the power to the plane and glide it in. He chose to deadstick it. He reached over and turned the engines off when he was about five miles from the field. He hit the first third of the runway, got it down, and stopped it before the end of the runway. Everybody in the squadron came and took a look at the plane and no one, including Captain MacDonald, could fathom how he had survived, let alone landed, such a devastated airplane.

A colonel from the wing heard about Captain MacDonald's challenging experience. He went to where the aircraft was, climbed up on the wing, looked in at the throttle casing still lying on the floor. He turned around and said, "who was flying this aircraft?" The captain approached and acknowledged that he had been the pilot. He said "you just got the Distinguished Flying Cross. Grab yourself a 'shute, grab an airplane and go up for about 45 minutes to an hour." The run calmed Captain MacDonald. At least until the next day.

Captain MacDonald had already flown over 60 missions, so he could have gone home, but he knew there was a big mission coming. At 4:30 a.m. June 2, the command briefed the pilots. The mission was so top secret that they couldn't even talk about it with their crew chiefs. They took off, escorting bombers, and hit Ploesti, Romania. They kept going to Russia. They thought they were going back to base the next day, but they didn't realize what was taking place. They sat for four days and finally got their mission. They were to fly in to Normandy, France to loosen the German stronghold. They were at Gulatz, Romania and there was so much rank that Captain MacDonald was down to leading a flight.

Early in the mission, he and his wingman came across two German airplanes. He told his wingman to take the one on the right and he would handle the one on the left. He flew up behind the German's airplane and he did a half roll. Captain MacDonald pulled the trigger, and the German plane blew up. Captain MacDonald pulled off and looked for his wingman. He was alone. He cleared himself by looking all around. He dropped down to about 8,000 feet, reached over and got a shot of oxygen and leaned back his seat. A 20mm bullet flew past his head and into the instrument panel, destroying it. He

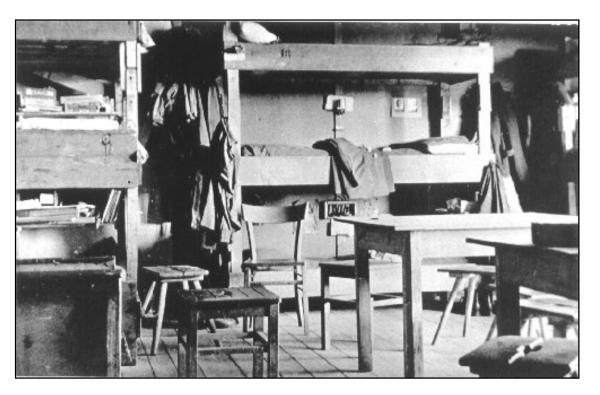
threw full left rudder and stick and this produced an inside snap roll. He came out of that and found himself behind the German's plane. Captain MacDonald felt sure he was going to get him. He looked in his mirror in the top of the canopy, and realized his plane was smoking.

The engine lasted about four more minutes, and he had a good amount of speed. Captain MacDonald thought he could still pull the plane up, lay her on her back and get out. When he pulled the canopy release, it only opened about 3 inches and it wouldn't go anymore. He had a forest in front of him and he knew he had to bring her in. He had to get it in hard on the ground because once it hit those trees, he knew it would have been all over. He hit the ground going probably a couple hundred miles an hour and the catch on the seat must have broke. His head hit and he fractured his skull. Remarkably, it didn't knock him out. The hit threw the plane about 100 feet in the air and blood poured from his forehead. He put on his goggles so that the blood wouldn't get in his eyes. He took the airplane in a second time. When he landed, the canopy flew off, and all of the dirt came flying into the cockpit. He got out of the airplane and ran across the wing and got almost 50 yards away when it blew up.

The German pilot was coming down to make a pass while Captain MacDonald was on the ground. He started to dig a hole in the ground but the ground was too hard. The German pilot flew by, without shooting, much to the captain's amazement. The next time he came around, Captain MacDonald stood up. The pilot didn't fire again. The third time he came around, the pilot put his wheels down, full flaps and rolled his plane to the side. Captain MacDonald could see



American airmen being served by Russian women at Poltava during the June 2-11, 1944 shuttle mission.



A typical room set up at Stalag Luft 3, with four triple-deck bunks.

captain recalls longest mission

the pilot in the aircraft. As the plane passed by, the pilot saluted Captain MacDonald. He was amazed, and he thought, "he didn't want to kill me."

Captain MacDonald walked for about six hours. He crossed a field where some workers were. They gave him a hunk of bread and washed off his face. He took off again. There was a German car with a couple of soldiers looking for him. He ducked under their wagon and hid from them. He walked about three or four miles and came upon a stream, where he found a cave near the edge. He crawled in and passed out. He was wakened by the sounds of German language. He took all of his papers, maps, money of the area and information out of his flight suit and buried them. He was discovered by the German soldiers. Captain MacDonald then heard the words that most prisoners of war heard from the German officers. "For you the war

The war, of course, had only changed for Captain MacDonald.

After transferring Captain MacDonald numerous times in the first few weeks of being captured, the Germans sent him to Stalag Luft III, the main interrogation center in Sagan, Germany. Only two months earlier, 76 airmen had attempted an escape from this same camp, and only three were successful. The rest were killed. He was there for nine months in a room with 11 other airmen, with four bunk beds, three beds high. All of the POWs had survived catastrophic airplane accidents, and it was amazing that any of them were alive.

When Allied troops began moving in on Sagan, the Germans moved the prisoners by way of a forced march toward Nuremberg. Captain MacDonald's previous injury to his leg prevented him from marching with his fellow POWs. The Germans moved him from the south compound to the north compound along with others who couldn't walk. They put them on a train car with 50 to 60 men in a car designed to hold 40. The only way one could sit was in a line with others, toboggan-fashion.

It was a five-day ordeal. The only ventilation in the cars came from two small windows near the ceiling on opposite ends of the cars. Captain MacDonald describes this time as "the closest thing to a living hell I have ever experienced."

A month after the men arrived in Nuremberg, everyone was put on a forced march, including the injured. When they got to the little town of Bursing, Germany, Captain MacDonald went into a public house with two other men from the camp. They went to the 3rd floor where they found mattresses. The next morning, the Germans marched the other POWs out of the village, and the three of them were still in the building. They stayed in that room for three days and nights without anything to eat or drink. There was a Catholic church behind the building, and Captain MacDonald went to say a prayer. While kneeling, someone tapped him on the shoulder. He asked, in broken English, if he was an American, and if he was hungry. Captain MacDonald cautiously answered that he and his two friends were American.

and they were starving. The man told Captain MacDonald to stay a half a block behind him and follow him home. His name was Ludwig Herdler, a name that Captain MacDonald never has a hard time recalling. Mr. Herdler fed them apple strudel and told them that he was afraid for their safety if they stayed at his home. "I'll never forget him. He saved my life that day."

The three men left Ludwig Herdler's home and were quickly discovered by German troops. They were reunited with the POWs that they had been separated from earlier. They were put on another train and finally sent to Moosburg, Germany. They were marched into Stalag VIIA.

On the morning of April 29, 1945, the American task force broke through, and the first tank entered, taking the barbed wire fence with it. The prisoners went wild. They climbed on the tanks in such numbers as to almost smother them. Pandemonium reigned. Two days later, General Patton arrived in his jeep, garbed in his usual uniform with four stars on everything including his ivory-handled pistols. Captain MacDonald remembers that he was a sight to behold. The longest mission was finally over.

Captain D. J. MacDonald still resides in Minneapolis, Minn. He retired from the Air Force when he was 28 years old and went to work for a booming car dealership. He married, had 11 children and spends his winters in south Florida playing golf. About 12 years after the war, he returned to Bursing, Germany and found Mr. Herdler. He thanked him for his kindness.

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Dennis M. Parker, an airman at Stalag Luft 3, kept a diary of his POW experience. He kept track of some of his fellow airmen by recording their name, home address, plane, place and date they were captured. Captain D. J. MacDonald is listed at top right.

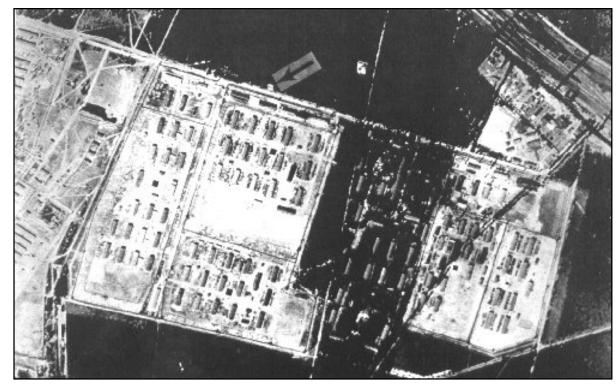
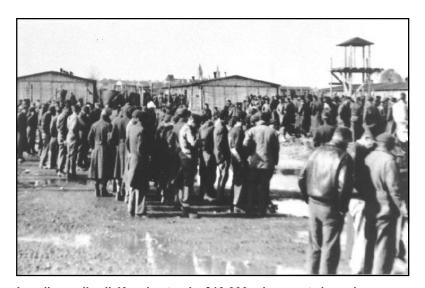


Photo of Stalag Luft III taken by U.S. P-51 reconnaissance plane. Compounds from right to left are: East, Center, German garrison, North and South separated by open space, both flanked by West. Photograph taken after the Great Escape in March 1944. The tunnel exit for the escape is visible as a light spot across the road north of the North Compound.



Appell, or roll call. Keeping track of 10,000 prisoners twice a day — more often after an escape — was a daunting task for the Germans. They constantly struggled to match their count with the roster. Being counted twice, or not at all, was a skill some Kriegies developed to an art to confound, confuse or just annoy the counters.

Today in history

The Edict of Nantes grants political rights to French Huguenots.

1775 Lord North extends the New England Restraining Act to South Carolina, Virginia, Pennsylvania, New Jersey and Maryland. The act forbids trade with any country other than Britain and Ireland.

1861 After 34 hours of bombardment, Union-held Fort Sumter surrenders to Confederates.

1865 Union forces under Gen. Sherman begin their devastating march through Georgia.

1902 J.C. Penney opens his first store in Kemmerer, Wyoming. 1919 British forces kill hundreds of Indian nationalists in the Amritsar Massacre.

1933 The first flight over Mount Everest is completed by Lord Clydesdale.

1941 German troops capture Belgrade, Yugoslavia.

1943 Franklin D. Roosevelt dedicates the Jefferson Memorial. 1945 Vienna falls to Soviet

1960 The first navigational satellite is launched into Earth's

troops.

The U.N. General Assembly condemns South Africa because of apartheid.

Sidney Poitier becomes the first black to win an Oscar for best actor.

on Apollo 13, preventing a planned moon landing and jeopardizing the lives of the three-man crew.

1976 The U.S. Federal Reserve begins issuing \$2 bicentennial

doubles ping-pong match ends after 101 hours.

Air Force testing new identification cards

WASHINGTON (AFPN)— People at four active-duty Air Force installations and an Air National Guard unit are currently testing the Department of Defense's new identification card, known as the Common Access Card.

Test sites for the new ID card are Langley Air Force Base, Va.; Lackland Air Force Base, Texas; Hurlburt Field, Fla.; Ramstein Air Base, Germany; and the Air National Guards's 203rd RED HORSE Squadron in Virginia Beach, Va.

The CAC replaces the standard military identification card and will eventually be issued to about 4 million active-duty military, Selected Reserve, DOD civilians and eligible contractors.

In addition to being the new Geneva Convention ID card, Air Force officials said the CAC will also be the principal card used for physical access to buildings and controlled spaces and for logical access to unclassified computer networks and systems.

The new card is about the size of a credit card and contains an integrated circuit chip, bar codes,

magnetic strip, color digital photograph and printed information.

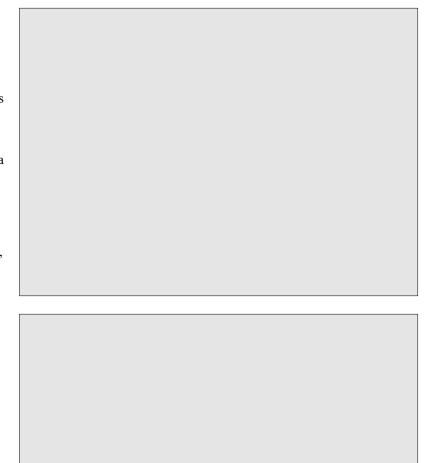
The CAC will enable cardholders to digitally sign e-mail, encrypt information and establish secure web sessions to access and undate unclassified information via the Internet.

These provisions are intended to enhance individual privacy in the department as computerized systems replace paper-based systems, said Col. Thomas Zuzack, chief of the networks division, Headquarters Air Force. The CAC will play a key role in the information assurance defense-indepth strategy for sensitive but unclassified information, said Colonel Zuzack.

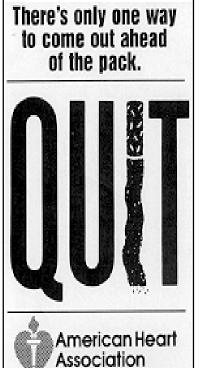
Smart card technology has been in use by the Air Force for several years, primarily in pilot projects and concept demonstrations, Air Force officials said. The Air Force and DOD will leverage the capabilities of these projects as they now work to integrate the card with many of the Air Force's standard systems and processes currently in use.

The DOD plans to have the CAC implemented by October 2002.









WERE FIGHTING FOR

YOUR UPE

Dental Assisting Program

The 325th Dental Flight continues to accept applications for the American Red Cross sponsored volunteer dental assistant training program. Up to five applicants will be chosen for the comprehensive six-month, hands-on training course. For more information on the



Volunteering and the Company April — a month to **Grade Officers' Council**

Capt. Lori A. Vessels CGOC Recorder

The Company Grade Officers' Council is a professional organization that allows junior officers the opportunity to help their base and the local community.

I am proud to announce that this last quarter, the CGOC has volunteered 525 hours to many base and local events. Some of these events include: Habitat for Humanity, Special Olympics, Air Force Assistance Fund, Gulf Coast Salute 2001, and the Vietnam Veterans Moving Wall.

The CGOC is planning on supporting several other events in the near future: Panama City Beach International Horse Show, April 2628, Habitat for Humanity, 8 a.m.-2 p.m. every Saturday, the ROTC host nights (May, June) and Memorial Day events.

The CGOC continues to work with the Tyndall Active Airman Association, Tyndall Top Three, and the Tyndall First Sergeants Committee to support base and community events. If you are interested in any of the events listed above, or becoming a CGOC member, please contact any of the following individuals for more information: Capt. Mark Sotallaro, President; Capt. Laura Palm, Vice President; 2nd Lt. Jason Armstrong, Treasurer, or myself, Capt, Lori Vessels, Recorder. Our monthly membership meetings are 4:30 p.m. on the first Wednesday of each month at the Tyndall Officer's Club.

cherish your children

2nd Lt. Brian Cortez 325th Fighter Wing public affairs

The Department of Defense focuses attention on the needs and issues related to young children during the month of April. April is the month of the military child, a time the military can appreciate how special young children are. Recognition of the importance of the early years has heightened interest and support for early childhood education programs. Several decades of research clearly demonstrate that high quality, developmentally appropriate early childhood programs produce short and long term positive effects on children's development.

In recognizing the essential role that the military child development services plays in fostering readiness and enhancing the quality of life of military families, the Tyndall Air Force Base Child Development Center has designed programs and events that emphasize the importance of quality developmental child care. Such events include recognition of Child Abuse Prevention Month, Celebrating My Child, the annual pancake breakfast, the CDC open house 3:30-5:30 p.m. Friday, April 27th, Give Parents a Break April 6th and 14th and many others.

We train and bring awareness of good child care to the families and parents of young children," said Martha Robinson, director of the CDC. "This teaches the parents and family members how to provide quality care and development for their kids.'

There are various local activities that support the month of the military child. These activities include a celebrity race involving such people as the local news and media, the mayor and commanders, a kids' festival and this past weekend there was a kick-off parade to start things off at the CDC. The parade was a success with ninety-five percent parent participation with their children.

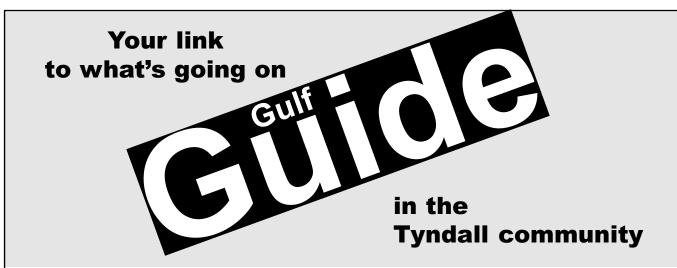
The family advocacy program also provides improvement courses for parents and family members. These programs include classes for couples' communications, single parents, stress and anger management, new parents (new child), common sense parenting, and parents of teens. These classes are available at family advocacy, Building 1305 and classes are posted via e-mail, or you can contact family advocacy at 283-7272.

"If a family has a serious problem, then these classes can be very beneficial in the long run," said Sheri Ward, family advocacy outreach manager. "Our job is to help families provide a caring and loving environment for themselves and their children."

"Parents should spend as much quality time with their children as possible," said Capt. Lisa Bader, family advocacy element leader. "This would definitely improve the lines of communication between the parents and their children."

"We should always cherish our children without the obligation of it being a special occasion or event. Every day should be a day in their honor. Young children need our special attention and guidance," said Captain Bader. "They need us to be their role models, friends and playmates. As adults we have to guide and show our children what is right and what is wrong, because they are the future and they look up to us to lead the way."





APRIL

Nns 15

Base exchange Easter hours

The following base exchange facilities will be open Easter Sunday at the following times: main exchange, 10 a.m.-5 p.m.; Felix Lake

Shoppette, 6 a.m.-9 p.m. All other facilities will be closed.

Commissary closure

The commissary will be closed Easter Sunday and Monday. It will re-open 9 a.m. Tuesday.



Power outage

There will be a power outage Monday and Tuesday affecting Tyndall's Redfish Point housing area. The outage should last approximately two hours. Housing residents

will be notified by flyer before the outage occurs. For more information, call construction representative Mr. Huey Moore, 283-4147 or 867-5081.

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

GCCC registration

Registration for Gulf Coast Community College's summer A semester will be Monday-May 4 at the college. Summer B registration will be June 13-15. Fall registration dates at GCCC will be Monday-April 20, July 9-20 and Aug. 15-17. For more information, call the education center, 283-4332.



Boating safety class

The Coast Guard Auxiliary Flotilla 19 sailing fundamentals class will be 7-9 p.m. Tuesday in the auxiliary classroom next to the Coast Guard station. The eight-session

sailing course will meet Tuesday and Thursday evenings through May 10. There is no cost for the course, but a \$25 material charge is necessary for the book and study guide. For more information and a course schedule, call 215-2025 or 769-1896.

OSC crystal bingo

The Tyndall Officers' Spouses Club's annual Crystal Bingo event will be 5:30 p.m. Tuesday at the officers' club. A social hour will be followed by dinner at 6:15 p.m. For more information reservations, call Terri Barthold, 286-2222.

Coastal navigation class

The Coast Guard Auxiliary Flotilla 19 basic coastal navigation course will continue 7-9 p.m. Tuesday in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The course will be Tuesday and Thursday evenings through April 24. The cost for the course is \$35 for the textbook and materials. For more information, call John Clark, 271-3828 or visit the flotilla web site at: http://clik.to/USGAUXFlotilla16

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:00-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

18 MED

Anti-terrorism briefings

Mandatory Air Force Level One anti-terrorism briefings conducted by the Air Force Office of Special Investigations will be 8 a.m. the first

and third Thursday of each month in Building 656 next door to the security forces building. The briefings will last approximately 30 minutes and are for Air Force members with permanent change of station or temporary duty assignments to overseas locations. For more information, call AFOSI Detachment 419 Counterintelligence Program Manager, Special Agent Doug Hartwell, 283-3261 or 283-3262.

NOTES

FSU office

The new Florida State University on-base office is now open 1-3:30 p.m. Mondays and Wednesdays in Room 30 of the education center. Inaddition, Bob Shawwill be available 3-4 p.m. every Tuesday in Room 30 to talk with students about the bachelor's degree program in information studies offered at the FSU Panama City campus.

Yard-improvement supplies

Tyndall Family Housing residents can pick up landscaping timbers, mulch and other yard-improvement supplies noon-7 p.m. Monday-Friday and 8 a.m.-noon Saturday from the housing-improvement center, Building 3304. Plants can be ordered noon-7 p.m. on Wednesdays and picked up 8 a.m.-noon Saturdays or ordered 8 a.m.-noon Saturdays and picked up noon-7 p.m. Wednesdays. For more information, call Steve Calhoun, 283-4689 or Doug Hall, 283-4648. The plant program will end April 25.

Felix Lake shoppette hours

The Felix Lake Shoppette is now open 6 a.m.-9 p.m.

Voice mail appointments

The 325th Medical Group is now offering patients the option of using voice mail to request a routine or annual family practice appointment or to request an acute appointment from the family practice triage nurse. The voice mail system can be accessed by calling the appointments line, 283-2778, and leaving a message. Staffwill call back between 10 a.m.-1 p.m. or 3 p.m.-4 p.m. for appointment scheduling and between 10 a.m.-2 p.m. for the triage nurse line. Patients should not leave a message if they believe they have an urgent medical problem.

Relocation program

Tyndall's Family Support Relocation Program offers assistance to those leaving Tyndall for new assignments. Civilian Department of Defense identification card holders and eligible family members are also authorized to use these services. The program offers Internet access to relocation-related web sites as well as brochures, videos, flyers and checklists. For more information, call 283-4204.

Child-care program

A new extended-duty child-care program has been implemented to assist parents whose work schedules temporarily require child care beyond the Tyndall Child Development Center's hours. This additional care is provided in a contracted licensed family child-care home. Arrangements must be coordinated with the CDC and the Family Child Care Program. For more information, call family child-care coordinator Ina Crawford, 283-2266.

AFROTC opportunity

The Air Force Reserve Officer Training Corps is offering an opportunity to simultaneously finish a degree and earn a commission as a 2nd lieutenant in the Air Force. Qualified personnel who can graduate with at least a bachelor's degree in any academic major in Fiscal 2002 may be eligible. For more information and eligibility requirements, call or visit the base education office, 283-4285.

RETIREE NEWS

TRICARE retail network pharmacies

Retail network pharmacies are civilian pharmacies that are approved by TRICARE. TRICARE retail network pharmacies in the local area can be found by accessing available online directories at: www.tricare.osd.mil/ pharmacy/retail_network.htm. Click on the applicable state to get to a TRICARE region and the location of the nearest retail network pharmacy.

To use a retail network pharmacy, a written prescription must be presented along with a military identification card. Anyone having difficulties getting a prescription filled at a network pharmacy may contact the Tyndall Beneficiary Counseling and Assistance Coordinator, 283-7331, or the TRICARE service center, (800) 444-5445.

For more information about the new pharmacy program, call the toll-free help desk, (877) 363-6337. The help desk is available 7 a.m.-11 p.m. weekdays.

National Mail Order Pharmacy

Typical processing and mail time is 11 days from receipt of an order. Orders will be processed promptly upon receipt, whether sent by phone, fax or mail. Usually within 48 hours of receipt of the order, medications will be sent via U.S. Mail or United Parcel Service along with instructions for future refills, if applicable. A full week should then be allowed for normal mail delivery. Anyone with questions may call NMOP member services, (800) 903-4680. A registered pharmacist is available for emergency consultations 24 hours a day, seven days a week at this NMOP number.

Online services are also available at Merck-Medco Managed Care Online. Visit www.merckmedco.com to refill mail service prescriptions, check the status of mail service prescriptions, request Department of Defense mail service envelopes and gain access to general health information.

YARD SALES

The following yard sales are scheduled for Saturday: 3416-B Smith St., 3417-A Smith St. and 2808-A Falcon St. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Down to Earth" (PG-13, language, sexual humor and some drug reference, 88 min.)

Saturday: "Down to Earth"

Sunday: "Get Over It" (PG-13, some crude sexual humor, teen drinking and language, 90 min.)

Thursday: "See Spot Run" (PG, crude humor, language and comic violence, 94 min.)

• All movies start at 7 p.m. except Sunday, which is 6 p.m.

The "Ins and Outs" of will preparation

2nd Lt. James Danik

325th Fighter Wing public affairs

The Tyndall Air Force Base Staff Judge Advocate Office provides assistance preparing wills, living wills and durable powers of attorney free of charge. These documents are critical legal records executed by a person to ensure prompt and accurate disposition of their property or estate after death or a state of incapacitation.

A will is a legal document used to dispose of your assets or provide guardianship of your children in the event of death or incapacitation. This ensures all of your assets be distributed to exactly who you want them to go to. A will also shows who you've appointed your executor. The executor or administrator acts on your behalf to ensure all of your decisions for the distribution of your assets and the guardianship of your children are fol-

lowed through.

A living will is a legal document that gives exact instructions on what measures you wish to be taken to sustain your life in case you become incapacitated and cannot make vital decisions. The living will allows family and doctors to know how you wish your life to be handled if incapacitated and no chance of recovery exists.

Durable powers of attorney are legal documents allowing your elected representative to handle your financial affairs if you become incapacitated. This document ensures that someone you trust will handle your finances if you become unable to do so.

Without a will or other legal document, some or all of your assets could be distributed to someone whom you did not intend to receive them according to the state or court. Even if you elect to have your assets distributed according to the laws of your state of legal residency, a will grants your fam-

ily the convenience of receiving your property more quickly and easily than if no will existed.

Keep in mind it's very important you update your will to ensure any changes in your life such as marriage, divorce or the birth of a child are reflected on your will. Any time there is a change in your beneficiaries you should change or alter your will accordingly.

Captain Miranda Turner, 325th Fighter Wing Assistant Judge Advocate said, "a will is truly the only way to ensure your interest of how you want your property or assets to be distributed or followed, otherwise you're not going to have a say."

The only requirement is that you are 18 years of age or older. Additionally, to have a will, living will or durable power of attorney completed at Tyndall's legal office, you must be active duty or an active-duty dependent, retiree or retiree dependent.

Will and living-will preparation is by appointment only, 9-11 a.m. Tuesdays

2nd Lt. James Danik

Marlene Crowe, 325th Fighter Wing Staff Judge Advocate Office legal clerk/technician, assists Lt. Col. Gary L. Fellows and his wife Mindy.

and 1-3 p.m. Thursdays. Appointments can be scheduled by calling 283-4681. To save time and ensure accuracy, stop by Building 662 prior to the scheduled appointment to pick up a will worksheet or visit their website at:

www.tyndall.af.mil/325FW/JA/handouts.htm for additional information. On your scheduled appointment date, bring the completed worksheet with you to assist the attorney in preparing your will to your needs.



Funshine NEWS



April 13, 2001

This page is produced by the 325th Services Marketing office, 283-4565.

Officers' Club

© 283-4357

Comedy Night

April 20, 7 p.m. Starring Kurt G., Just June & Emmett Furow. Tickets \$7 & available starting April 1.

\$300 Club Card Drawing

Thursdays at the club at 6 p.m.

"Your Cash is Trash"

Every Friday at 6:30 p.m.

Youth Center

© 286-4366

Tennis 1-2-3

■ 3-5 yr. olds. Stresses movement and balance through pre-school type activities. May 8,10, 15, 17, 22, 24 at 4 p.m. Cost is \$25 and includes a t-shirt.

Tennis 1-2-3

■ 6-7 yr old want to learn about tennis? Sign them up in USA tennis 1-2-3. The program teaches fundamentals in a friendly, group environment. Dates are May 9, 11, 16, 18, 23, 25 at 4 p.m. Cost is \$20 for members & \$30 for nonmembers and includes a t-shirt.

NBA 2 Ball

The NBA 2Ball Area Competition was held March 17 at the Boys and Girls Club of Monticello, FL. Matthew Treadway and Gregory Bryan won the boys age 10-11 division qualifying them for the NBA 2Ball Team Championships to be held at the Orlando Magic Basketball Arena. Date to be determined. Good luck in Orlando!

Bonita Bay

© 286-3199

Improved Customer Service!

The reservation policy is on a first come basis. This will allow squadron's amply time to make plans far enough in advance to support their unit functions.

Enlisted Club

© 283-4146

Eli Nevis - Latino Night

April 14, 9 a.m.-1 p.m.

In the Zone Fridays

Marvelous Marvin, 5 p.m.-1 a.m.

Marina Club

© 283-3059

Spanish Mackerel Tourney

April 28, Begins at 7 a.m., scales close at 3:30 p.m. Entry fee is \$20 per boat.

Evening Dining

The Marina Grill is now open in the evening Tues.-Sat. 6-8 p.m. offering our full menu and weekly specials. Open to all ranks. Membership is not required for grill.

CAC Pizza Pub

© 283-3222

Catch the Baseball Action

All of the Pro-Major league baseball games will be here from April 1 to Sept. 30. (Local black out rules apply). Food specials during the games will include: \$2 beer pitchers and large single topping pizzas for \$8.95. Drawings and giveaways will also be going on. Stop by and check it out!

Community Activities Ctr.

© 283-2495

Modern Jazz Classes

Starts April 14: Youth 6-12 year old. 11 a.m.-12 p.m. \$20 per person for 4 weeks. Adults Class 12-1 p.m. \$20 per person for 4 weeks.

Gifts

We have gifts for Easter and Secretaries Day.

Travel Expedition 2001 Tyndall AFB, Florida Information, Tickets, and Tours will be presenting various vendors of vacation opportunities: April 27, 2001 • 10 a.m.-2 p.m. At the Community Activities Center Amusement Parks • Motels • Dinner Theaters and more will be represented at this show.

For more information call ITT at 283-2495

Tyndall Youth Programs

Big Bunny Egg Hunt

Saturday, April 14

at the Youth Center, Bldg. 3223 on Sabre Drive. BYOB (bring your own basket)

11 a.m. age categories: 5-6, & 7-8 3 p.m. age categories: 9-10 & 11-12

ork Face Hunt (For Toons only)

Glow in the Dark Egg Hunt (For Teens only)

Saturday, April 14

The Annual hunt begins at 8 p.m. at the center, Bldg. 3223 on Sabre Drive. BYOFL (bring your own flash light) • BYOB (bring your own basket) Age categories: 13-18

Prize filled eggs will contain candy, toys, or coupons for a variety of prizes.

Volunteers are needed to assist in preparing for this major base wide event for the youth of Tyndall. Volunteer meetings Tuesday April 10 at 6 p.m. and Wednesday April 11 at 6 p.m. at the Youth Center

Sponsored in part by: Tyndall Federal Credit Union and Boardwalk Beach Resort.
No federal endorsement of sponsor intended.

For more information call 283-4366

Easter Sunday "Champagne" Brunch All Ranks at the Officers' Club



"Special appearance by the Easter Bunny!" Parents, don't forget your cameras!

April 15 • Seatings at 11 a.m. & 1:15 p.m. Featuring: Steamship Round, Baked Virginia Ham, Tom Turkey, Assorted Vegetables, Omelet

"Reservations Required" Station, Fruit, Juices and Holiday Desserts.

Special!Easter Egg Hunt at your table!

* Adults \$10.95, Children 5-12 75¢ per year, Children under 5 Free *

AETC Golf Championship Base Level Competition April 21, 22, 28, 29 • 8 a.m. Command level tournament to be held at Randolph AFB 1st weekend in June. This tournament consists of 4 rounds of golf to be played over two consecutive weekends. There will be a Men's Open, Senior Men's, Women's Open and Senior Women's categories. The golfers in this tournament will be playing for the opportunity to represent Tyndall AFB at the command level tournament. For more information call: 286-2565

Registration under way for 2001 military Wilderness Challenge

WASHINGTON (AFPN)—

Registration has begun for this year's all-military Wilderness Challenge to be held Oct. 4-7 in Fayetteville, W.Va.

The Wilderness Challenge is a series of outdoor adventure races designed to test the endurance, strength and speed of the competitors over a two-day period in the mountains of West Virginia, said Michael Bond, event coordinator.

The event, hosted by the morale, welfare and recreation department at Naval Station Norfolk, Va., is open to all military members. This is the second year for the event.

"With the popularity and growth in outdoor recreation by the military sector, MWR decided to design a program to promote outdoor activity along with physical readiness and competition," Mr. Bond said. "With the success of last year's event, I think we have given our Armed Forces a program they want and are excited about participating in."

Before last year's event took place, teams were asking how to register for this year's challenge, Mr. Bond said.

"Due to the overwhelming response, we have doubled the number of teams from 40 that can compete and have added additional competitions to make the event more exciting," he said.

The competition consists of a 12-mile mountain hike, a 40-mile mountain bike relay, a 13-mile class 5+ whitewater raft race, a 10K run, a halfmile swim with flotation device and a two-mile kayak-type race.

Each team must have four activeduty military people and at least one must be a female. There is a limit of 80 teams for this competition and not more than two teams can come from any one installation, he said.

"We were extremely excited about last year's challenge and glad this event has become a popular event," Mr. Bond said.

"It won't be an easy competition and only the strong will survive," he

said. "The winning team will be the best of the best in outdoor recreation and physical endurance."

Three Air Force teams competed in the inaugural event, representing F.E. Warren Air Force Base, Wyo.; Langley AFB, Va.; and Headquarters Air Force, Pentagon.

In addition to overall event winners, each service also had a winning team. First place honors for the Best in the Air Force team went to the group from the 90th Space Wing at F.E. Warren, which placed 17th overall.

For registration information, call Michael Bond at (757) 444-4814/4033 or DSN 564-4814/4033.



Courtesy photo

Wilderness Challenge is a series of outdoor adventure races designed to test the endurance, strength and speed of the competitors over a two-day period in the mountains of West Virginia.

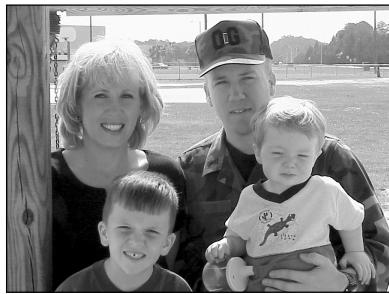
Sports & Fitness

Volleyball standings Large squadron TRS 1 OSS₁ MSS 5 1 CONR 1 COMM 1 1 MDG 1 3 SEADS 1 2 2 CES 1FS 2 CONR 2 3 OSS 2 2 TRS 2 3 95 FS 3 SEADS 2 COMM 2 0 5 Small squadron **81 TSS** 0 **AFCESA** 0 NCOA 1 2 RHS 372 TRS 2 2 TEST 3 83 FWS MXS 4 1 SVS 0 5

Intramural golf standings Makeup points Games Large squadron MSS 1 20 CONR 1 12.5 oss 11.5 TRS 10 MDG 10 CES 10 2 CONR 2 9 95FS 8 COMM 7.5 SEADS 3 CONR 3 .5 MSS2 Small squadron MXS 18.5 LSS 13.5 85TS 12 AFCESA 11.5 SVS 11.5 362TRS 10 83FWS 10 372TRS



Spotlight



2nd Lt. James D

1st Lt. Mark Walker with wife Missy and sons Cody, 6, and Noah, 1

Celebrate the Month of the Military Child

Job Title: 325th Operations Group executive officer. Why did you join the Air Force: Patriotism, educational opportunities and travel.

Years in Air Force: 7 years Hometown: Pensacola, Fla. Years at Tyndall: 2 years Greatest aspect of your job: Interaction with all the people.

Short-term goals: To have a smooth transition to Peterson Air Force Base this summer.

Long-term goals: Finish my master's degree and continue my career.

Favorite book: "Left Behind"
Favorite movie: "Star Wars"
Hobbies and activities:
Spending time with my
family, bike-riding and
watching sports on television.

Tax deadline is April 16

